AL-KISA
FOUNDATION
UNDER THE CLOAK OF GUIDANCE AND MERCY

MY SERIOUSLY AWESOME QUR'ĀN JOURNAL

Written by Tahseen Shariff

Illustrated by Noor Nasrallah

KISA PUBLICATIONS
Under the guidance of Moulana Nabi R Mir (Abidi)

MY SERIOUSLY
AWESOME
QUR'ĀN JOURNAL

TRANSLITERATION CHART

Arabic terms in this book have been transliterated according to the following guidelines*:

ء	a, i, or u (initial form)
ء	ʾ (medial or final form)
ا	a
ب	b
ت	t
ث	th
ج	j
ح	ḥ
خ	kh
د	d
ذ	dh
ر	r
ز	z
س	s
ش	sh
ص	ṣ

ض	ḍ
ط	ṭ
ظ	ẓ
ع	ʿ
غ	gh
ف	f
ق	q
ك	k
ل	l
م	m
ن	n
ه	h
و	w
ي	y

ـَ	a
ـِ	i
ـُ	u
ـّ	double letter

آ / ـَا / ىٰ	ā
ـِي	ī
ـُو	ū

*Please note that due to limitations, the transliteration is not 100% accurate in capturing tajwīd rules.

Disclaimer: Religious texts have *not* been translated verbatim so as to meet the developmental and comprehension needs of children.

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Preface

Prophet Muḥammad (صلى الله عليه وآله): Nurture and raise your children in the best way. Raise them with the love of the Prophets and the Ahlul Bayt (عليهم السلام).

Literature is an influential form of media that often shapes the thoughts and views of an entire generation. Therefore, in order to establish an Islamic foundation for the future generations, there is a dire need for compelling Islamic literature. Over the past several years, this need has become increasingly prevalent throughout Islamic centers and schools everywhere. Due to the growing dissonance between parents, children, society, and the teachings of Islam and the Ahlul Bayt (عليهم السلام), this need has become even more pressing. Al-Kisa Foundation, along with its subsidiary, Kisa Kids Publications, was conceived in an effort to help bridge this gap with the guidance of ʿulamāʾ and the help of educators. We would like to make this a communal effort and platform. Therefore, we sincerely welcome constructive feedback and help in any capacity.

The goal of the *Qurʾān Mindfulness Journal* is a humble attempt to connect with the Qurʾān and apply its guidance practically in the different circumstances each individual finds themself in. Of course, when it comes to the Noble Qurʾān, Allah (سبحانه وتعالى) has revealed this book as a book of guidance. Within it are all the elements of guidance that we need to be successful in this world and the next. The Qurʾān is the core of all the other books revealed from Prophet Ādam (عليه السلام) to Prophet Muḥammad (صلى الله عليه وآله). It is the most comprehensive and complete book, hence it is everlasting for all of humanity.

When it comes to connecting with this great book, there are many levels we can dive into. From just how to read, to understanding the meaning, to applying the Qurʾān, to teaching the Qurʾān to others, to go into deeper aspects such as tafsīr, etc. Each āyah also may have different layers of understanding based on the challenges or circumstances that we face.

Sister Tahseen Shariff shared her own personal experiences of how some of the āyāt of the Qurʾān impacted her even at a young age, and she wanted to share this with other young readers. The verses are not in any chronological order, rather they are put in a way to enhance the growth mindset in readers, and help them make meaningful, goal driven choices with Qurʾānic guidance. This content was then brought to life by Sister Noor Nasrallah with the beautiful graphics to engage the reader. May Allah bless them and their families abundantly.

This project is a prime example of members from the community reaching out to Al-Kisa Foundation with their own contributions and creative ideas and using the platform to share their work with the community at large. We value these ideas immensely and enhance them with mission guidelines, going through the project with professionals and scholars, looking at the content and graphics from a holistic view, piloting, and finally publishing the work.

We hope that this book helps with increasing your connection with the Qurʾān. If it does help even one person connect deeper to the Qurʾān, even to the smallest degree, it is a successful project, inshāʾAllāh.

We hope that you and your children enjoy this journal and use it as a means to achieve this goal, inshāʾAllāh. Please do remember us in your duʿās and bless us with your feedback.

We pray to Allah to give us the strength and tawfīq to perform our duties and responsibilities.

With Duʿās,
Nabi R. Mir (Abidi)

DEDICATION

This book is dedicated to the beloved Imām of our time (عجل الله تعالى فرجه الشريف). May Allah (سبحانه وتعالى) hasten his reappearance and help us to become his true companions.

ACKNOWLEDGMENTS

Prophet Muḥammad (ﷺ): On the Day of Resurrection, the ink of the scholars will be weighed up against the blood of the martyrs, and the ink of the scholars will be heavier than the blood of the martyrs.

Nahj al-Faṣāḥah, Saying #3222.

True reward lies with Allah (سبحانه وتعالى), but we would like to sincerely thank Sisters Sabika Mithani, Abeda Khimji, Rumina Hashmani, Ayman Jagani, Zamena Momin, Erum Hasni, and Noor Nasrallah. We would especially like to thank Sister Tahseen Shariff. May Allah (سبحانه وتعالى) bless them in this world and the next.

MARḤŪMĪN DEDICATION

Please recite a Sūrah al-Fātiḥah for the Marḥūmīn of the Mulji and Rattansi family especially Marḥūm Alhaj Akber Mulji, Marḥūmah Gulbanu Mulji, Marḥūm Shabbir Rattansi, Marḥūmah Mansura Rattansi and the Marḥūmīn of the Nasrallah family, especially Marḥūm Sayed Sahib Nasrallah, and Marḥūmah ʿIlweeya Thawiya Nasrallah.

Note to Parents

Salāmun ʿalaykum,

I was very young when I went to live with my grandparents whilst my parents shifted to another city which didn't have any good schools. And I was twelve years old when I lost my mother. It was during this time that I picked up on some Qurʾānic verses that made me resilient and face life with optimism. Till now, there are certain verses that just give me the boost to face any challenge. So I have decided to share some of them in this book.

This journal is designed to help children ages 9-13 to develop a more personal connection to the Noble Qurʾān while increasing their own self-reflection.

The material introduced here has been carefully reviewed so that the activities not only engage the child but also keep them entertained.

We hope that this journal will provide a basic foundation that will open the vistas of the Noble Qurʾān for the young minds of our children encouraging them to keep finding practical rules of life from this noble book.

Tahseen Shariff -
- Masters of Arts in Inclusive Special Education.
- Diploma in Child and Adolescent Counselling.
- Deputy Principal at Al Muntazir Islamic International School.

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THE STORY OF YOU!

Whoever knows one's self knows ones Lord.

Ghurar al-Ḥikam, Ḥadīth #10031

When you reflect on yourself, and your past, you are able to strategize and built a better future, inshā᾽ Allāh. You can write or draw your story! In the boxes below, share your story! What important events have happened in your life? What are your strongest memories? What hobbies or passions are important to you?

Where were you born?

When I was little...

My biggest struggle has been...

I find it hard to...

My favorite thing to do is...

I hope that...

In addition to self growth, being part of a community gives us a strong foundation. In the boxes below add how you are connected to your community.

OUR ULTIMATE PURPOSE IN LIFE

Our ultimate purpose is to get closer to Allah (﷾) and have a nice home in Jannah!

Best memory at the mosque

Something about my dīn I would like to improve

I see myself contributing to the community in the future as...

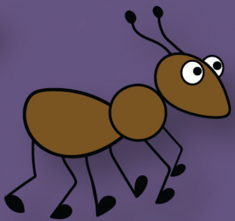
Who in the community is your role model?

My favorite part of my faith is...

I hope that in the future ...

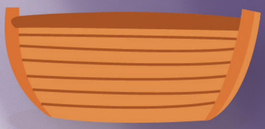
To me the Qur’ān is...

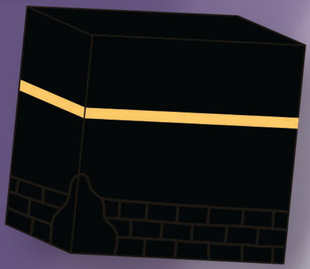
I love reciting the Qur’ān when...



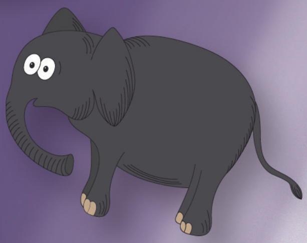
My first memory of the Qur’ān is...

My favorite story in the Noble Qur’ān is... and why?





My favorite sūrah is...



QUR'ĀN MY GUIDE

SŪRAH AL-BAQARAH (2), VERSE 30:

“When your Lord said to the angels:
‘I am appointing on Earth a Khalīfatullāh (deputy/representative)’”

Allah (﷿) is telling His angels that humans have been given knowledge, will-power, and a position on Earth. They are leaders and caretakers of the Earth. All of the Earth’s forces, treasures, mines, and all of its potentials are subjected to the will of a human being.

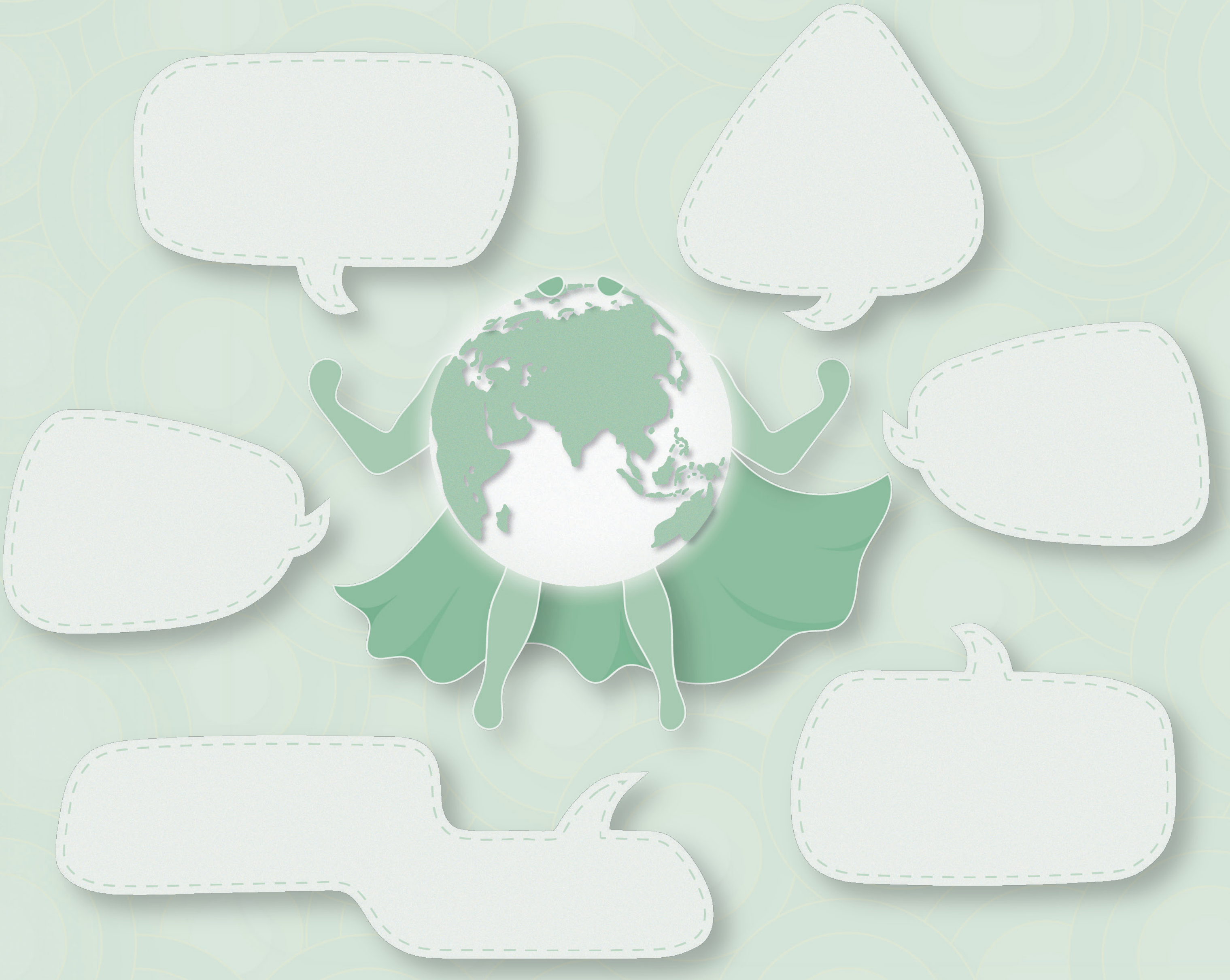
Imagine you were a representative of your country ______________________ at a global conference.What kind of skills would you need to give the best representation of your country to the world at large? List some skills here. Remember to think with an open mind, and focus on your country’s needs.

- ✽ ____
- ✽ ____
- ✽ ____
- ✽ ____
- ✽ ____

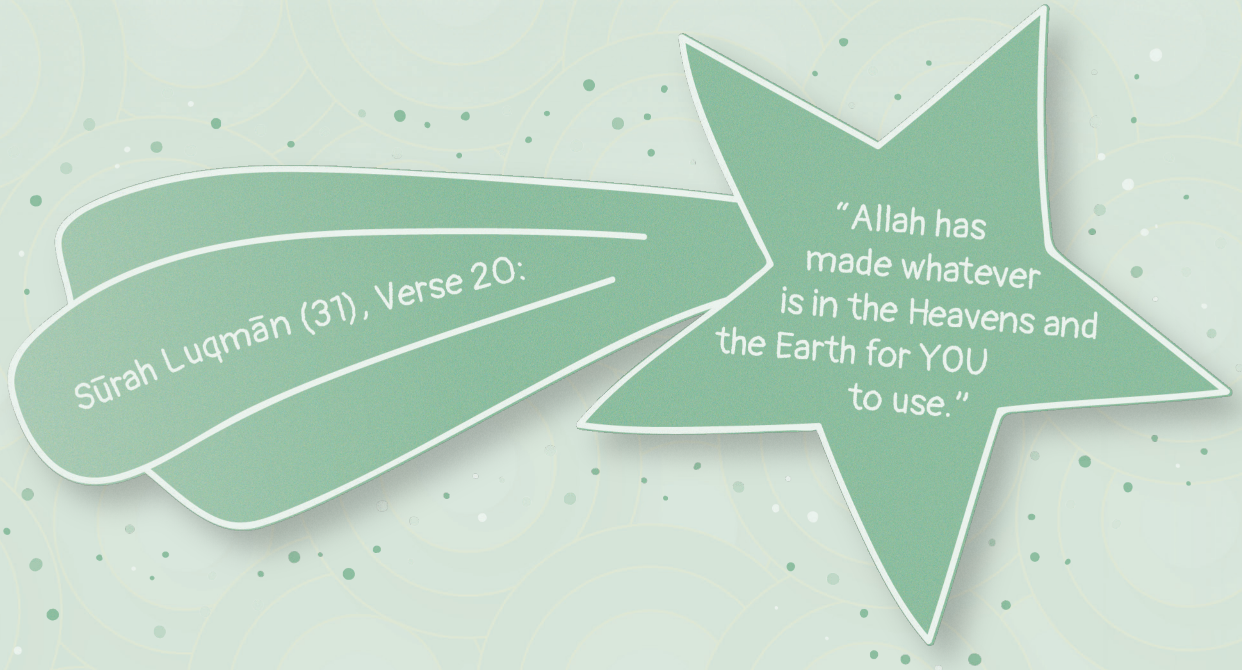
REPRESENTATIVE WHO?

QUALITIES OF A LEADER

Now think about being a representative of Allah (ﷻ) on Earth. What qualities do you need to be a responsible human ensuring the best for Earth?



WITH GREAT POWER COMES GREAT RESPONSIBILITY!

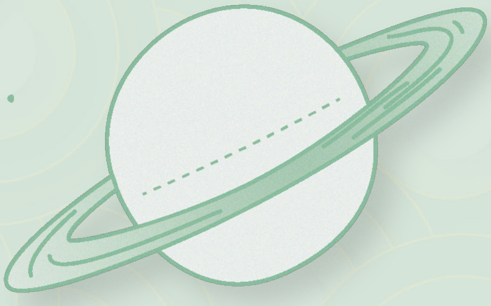


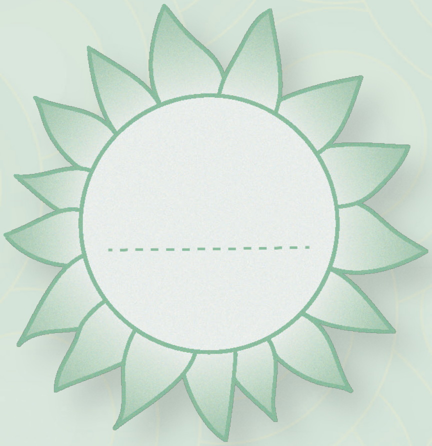
Sūrah Luqmān (31), Verse 20:

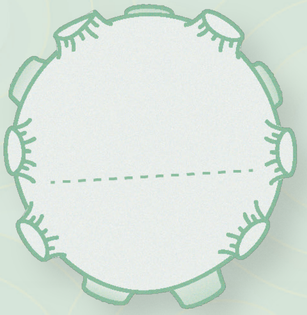
"Allah has made whatever is in the Heavens and the Earth for YOU to use."

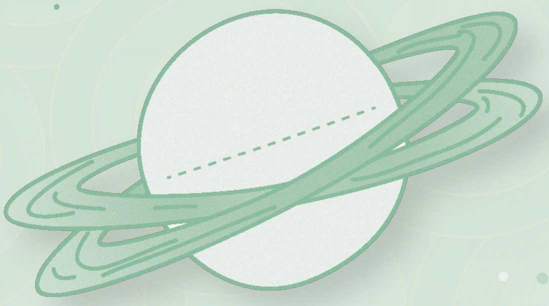
Wow! Everything on this Earth, space, and everywhere else has been created for us. Allah (ﷻ) again reminds us that all His other creations are for us and we are to serve as His representatives.

Choose six attributes of Allah (ﷻ) from His beautiful names that you can adopt in your life so you can be the best representative.









WHAT CAN I DO FOR MY COMMUNITY?

Earth was made for you, but you were made for Allah (﷿)

If everything is for us, we must take care of it. Ponder over what you can do?

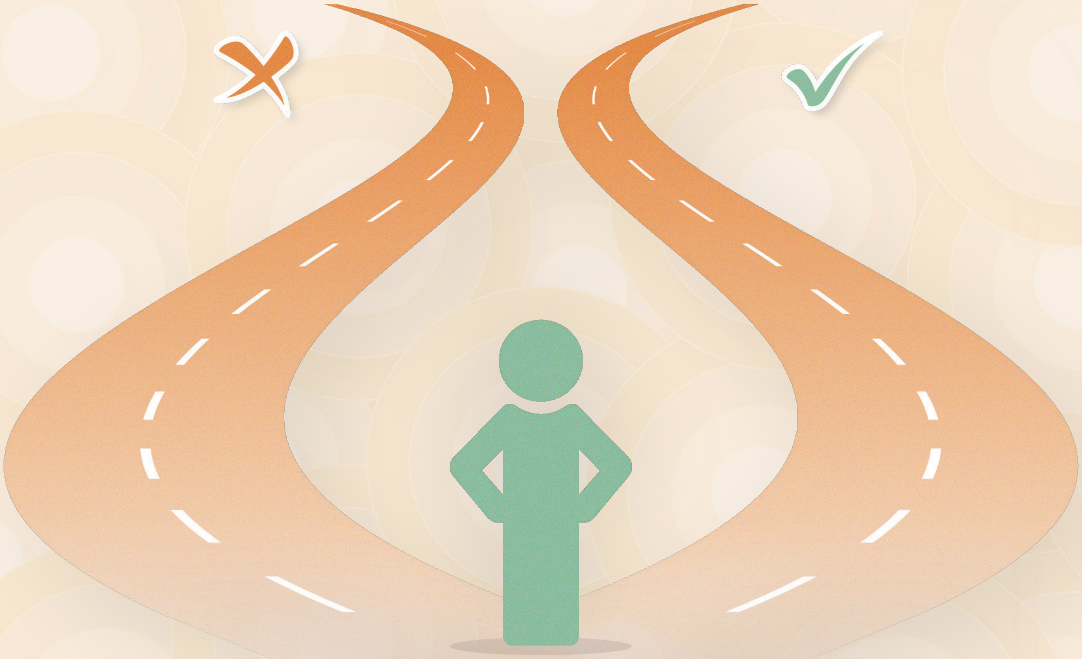
I can teach a skill that I know

Which committee can I join?

How can I take care of the creation of Allah (﷿)?

I can volunteer as:

WHAT CAN I DO?



Sūrah al-Baqarah (2),
Verse 30:
"They said: 'Will you place therein one
who will make mischief therein and shed blood,
while we celebrate Your Praise and extol Your
Holiness?'
He said: 'Surely, I know what you do not know.'"

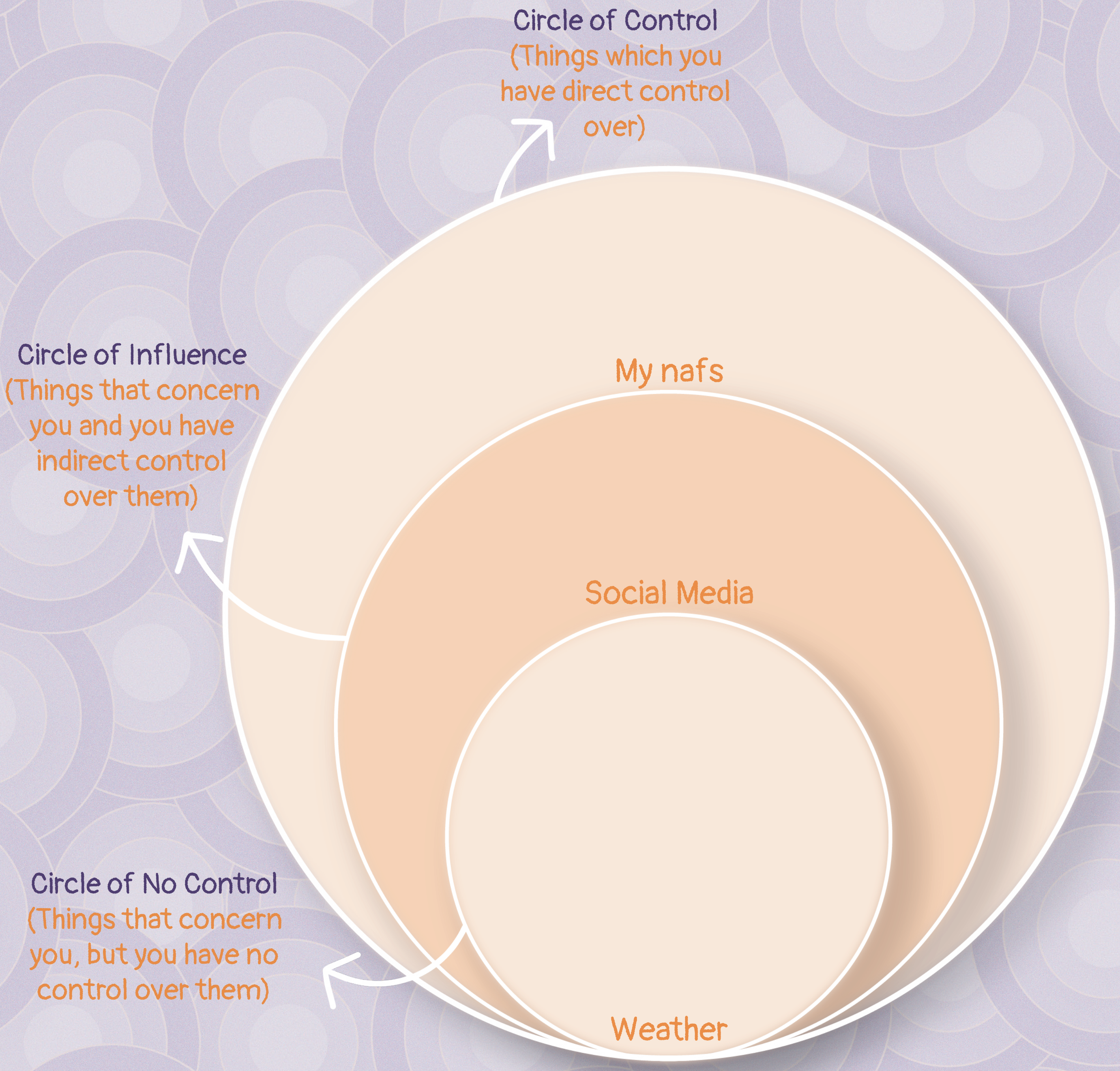
The verse continues with the angels thinking about all the wrong things that humans can do, while only Allah (ﷻ) knew about the great potential within us. Allah trusts us, and we can always choose the right path.

Match the Arabic words from the verse with their meanings:

Representative	●	●	لِلمَلائكة
I know	●	●	ألاَرْضِ
To the angels	●	●	خَلِيْفَة
The Earth	●	●	اَعلَمُ

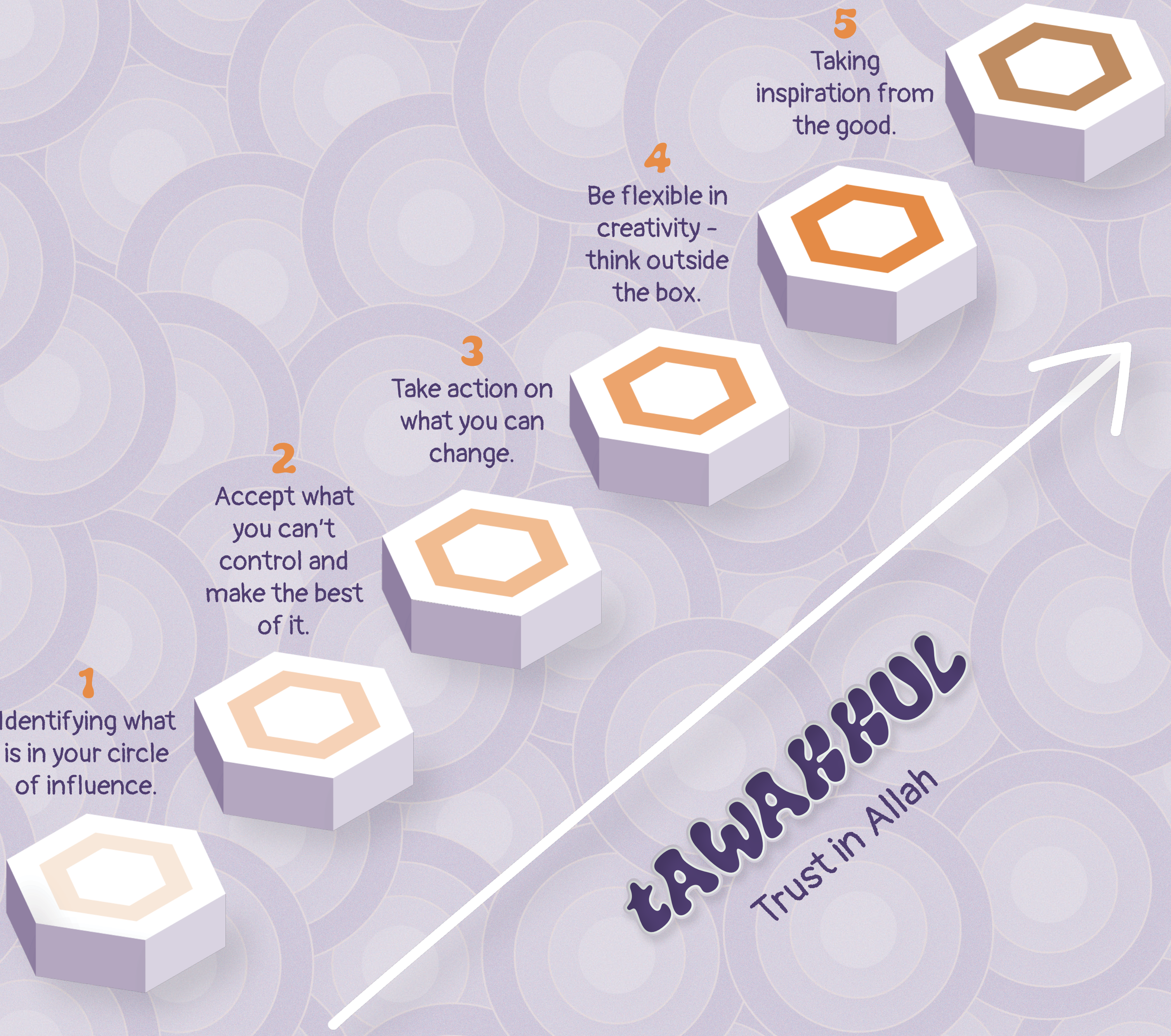
Angels didn't know the secret, which was the potential that human beings had within them that they could become even better than the angels. BUT we have to have faith and make the right choices. There are many things that influence our choices and what we can control.

Below is an activity about your circle of control. Think of what you can control, and what you cannot control, that lead you to make good or bad choices.


Circle of Control
(Things which you have direct control over)
Circle of Influence
(Things that concern you and you have indirect control over them)
My nafs
Social Media
Circle of No Control
(Things that concern you, but you have no control over them)
Weather

Fill in the circles

Steps to PRODUCTIVITY



1

Identifying what is in your circle of influence.

2

Accept what you can't control and make the best of it.

3

Take action on what you can change.

4

Be flexible in creativity - think outside the box.

5

Taking inspiration from the good.

6

Have trust in Allah (ﷻ) and find learning points in everything you watch and read.

TAWAKKUL

Trust in Allah

ALLAH'S tRUSt

I have the potential to be the best of creation

Allah (﷿) has my back

I have Allah (﷿) on my side

Allah (﷿) trusts me to be His representative

Allah (﷿) loves me the most

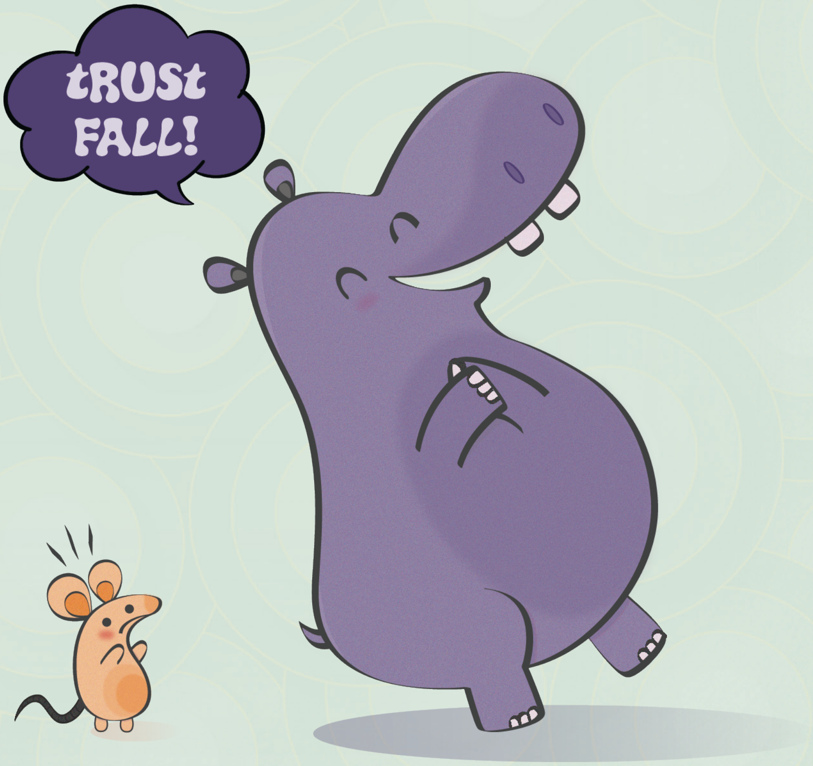
Allah (﷿) is all Knowledgeable so He knows what is best for me.

He is all Powerful so He has the ability to help me.

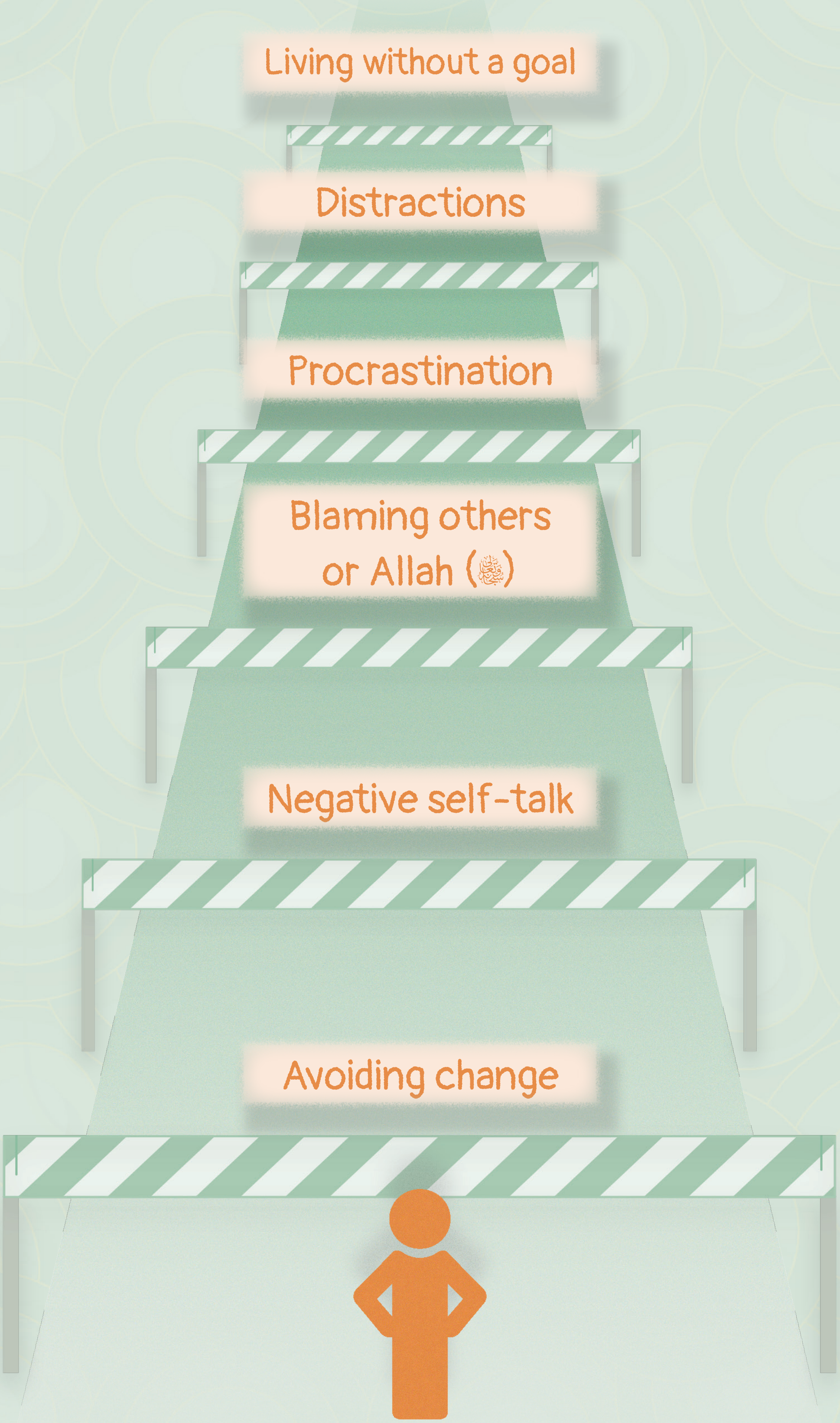
He is All Loving so He WANTS to help me.

FREE FALL INTO ALLAH (﷿)'S TRUST!

Add your own positive affirmations on the left!



BARRIERS TO PRODUCTIVITY



Living without a goal

Distractions

Procrastination

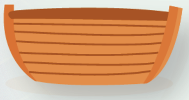
Blaming others or Allah (﷿)

Negative self-talk

Avoiding change

WOULD YOU RATHER?

Fire up your imagination and think about the stories in the Noble Qur᾿ān.What would you do if you were in that situation and why? Discuss this with your parents too!



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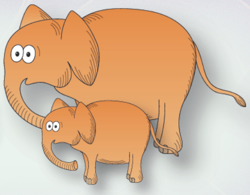
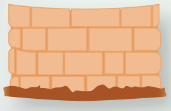


Build the ark, OR
take care of the animals?



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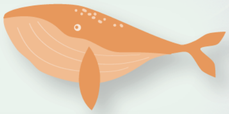
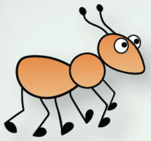


Be thrown in a well, OR
swallowed by a whale?



OR

See Prophet Sulaymān (عليه السلام) talk to the ant, OR witness the Throne of Sheba brought in miraculously?

OR

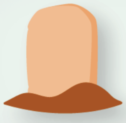
See the birds stopping the elephants from destroying the Ka῾bah OR see Firaun's army drowning?

OR

Be with Prophet Mūsā (عليه السلام) on his journey to meet Prophet Khiḍr (عليه السلام), OR accompany him on his ascent of Mount Sinai?

OR

See Prophet ῾Īsā (عليه السلام) talking in the cradle, OR see him creating birds from clay and breathing life into them?



OR

Be dead for a 100 years then revived like Prophet Uzayr (عليه السلام), OR be asleep for 300 years like the people of the cave?

OR

Fight in the Battle of Badr, OR be part of the peace treaty with Meccans?

REFLECT ON YOUR CHOICES

Reflect on your choices and the WHYS behind them. One of the most important things is for us to recognize our ROLE and RESPONSIBILITY. This could be as children, students, siblings, friends, community members, etc.What are YOUR roles? What are YOUR responsibilities?

Why did you choose one situation over the other?
Is this what Allah (سبحانه وتعالى) wants from you?

Helper/ Follower

Think of yourself as Helper/ Follower

Which Prophet (عليه السلام) would you help?

How would you help?

BEAR NECESSITIES

CAN YOU BEAR IT?

لَا يُكَلِّفُ ٱللَّهُ نَفْسًا إِلَّا وُسْعَهَاۚ

Allah (ﷻ) does not test a soul except [with that within] its capacity

Sūrah al- Baqarah (2), Verse 286

One of the ways Allah (ﷻ) helps our spiritual muscles get stronger is through tests. Everyone will get tested. Can you BEAR the test? What have you been tested on? The āyah confirms that whatever challenges come to you in your life only come when you are able to handle them.

Allah (ﷻ) has given us two very important tools:

1. THE BRAIN

2. WILLPOWER

All-Powerful, All-Knowledgeable, All-Loving, Nurturing Lord has made the brain very powerful and flexible. It has the capacity to store as much new knowledge as you can add on. The brain perceives new and old challenges and determines the way forward. However, it gets affected by what we believe about ourselves. How you speak to yourself will decide if you are successful or not.

PLAN TO PERSEVERE

For this activity try and remember when your plan failed or something went wrong.

Use this table to fill in your thoughts and your next step.

What happened?

What were the steps you took to complete your task?

Did you blame anyone that this was their fault?

What was your reaction when you failed?

What were the reasons you came up with for being tested?

What have you learned that will help you do better next time?

Did you remind yourself of Allah (ﷻ)'s love and did it change your mindset?

What's the new plan?

How will you deal with thoughts that could keep you from trying?

BRAIN POWER

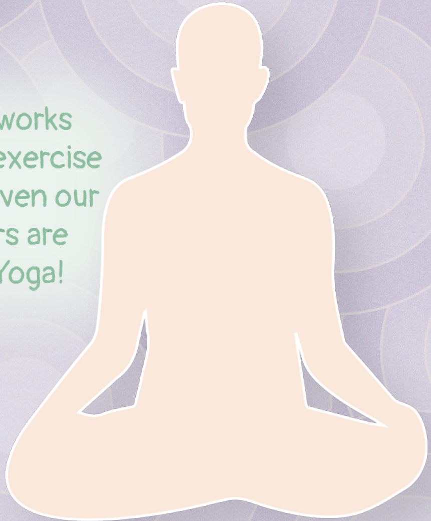
Recitation and listening to the melodious verses or the Qur᾿ān, poems, books and creative art helps your brain to relax and learn better.

What do you like to do to relax?

The right foods can improve brain function, memory and concentration. That is why ḥalāl food is stressed in Islam.

What is your favourite snack?

Your brain works better after exercise and sports! Even our daily prayers are similar to Yoga!

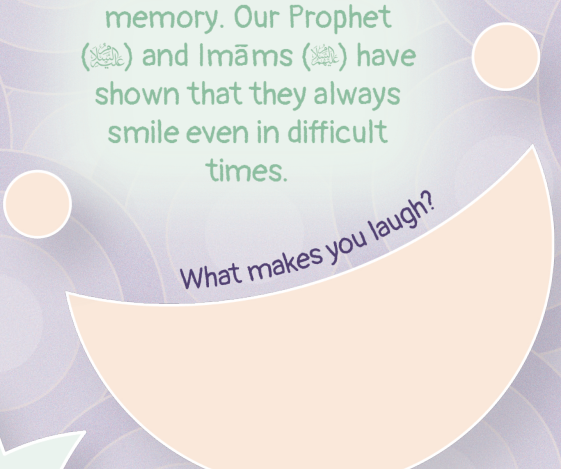


How do you remain active?

Sleep improves memory and problem-solving skills.

What do you do before going to sleep?

Laughing improves memory. Our Prophet (ﷺ) and Imāms (ﷺ) have shown that they always smile even in difficult times.



What makes you laugh?

The brain has 100 billion Neurons!

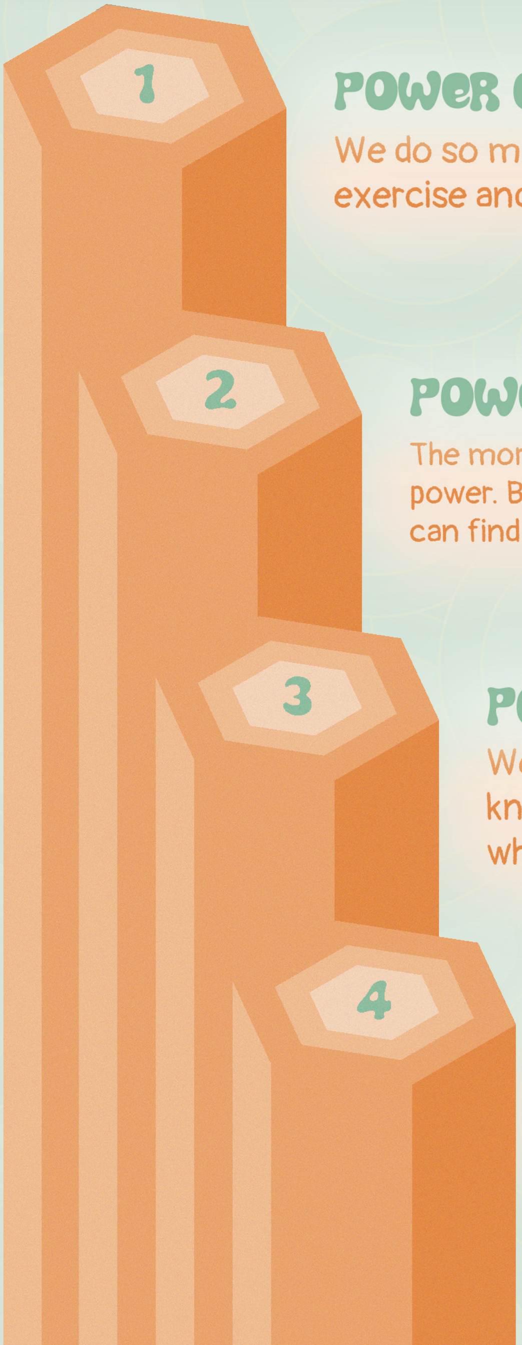
What do you want to learn?

Learning new things makes the brain stronger and practice makes perfect! That's why the Prophet (ﷺ) said "Acquire knowledge from the cradle to the grave"

FALSEHOOD
TRUTH

THE POWER TO CHOOSE

> We have shown humankind the path of truth and the path of falsehood; they may choose either the path of guidance and offer the thanks, or choose the path of ingratitude
>
> Sūrah al-Insān (76), Verse 3



POWER OF PHYSICAL LAYER

We do so much with our bodies: move around, carry things, exercise and more!

POWER OF KNOWLEDGE

The more you know the more power you have, knowledge is power. But knowledge has to be applied correctly. Use it and you can find the secrets of space, misuse it and you make bombs.

POWER OF AKHLĀQ

We can't win someone over with physical force or just knowledge, but with great akhlāq we can change their whole heart.

POWER OF BELIEF AND RELIGION

Once you are dedicated to Allah (ﷻ) you have so much power because you are connected to divine power.

OUR POWERFUL SOUL

Your soul is where you keep connection with Allah (ﷻ)

And remember your Rabb (nurturer) in your heart

Sūrah al-Aʿrāf (7), Verse 205

The Qurʾān mentions 3 parts of the soul:

The first is Nafs al-Ammārah

(the one that commands us to do what it wants)

Indeed the nafs that overwhelmingly commands a person to do sin.

Sūrah Yūsuf (12), Verse 53

The second is Nafs al-Lawwāmah

(the one that warns us against wrong actions)

and nay, I swear by the self-reproaching soul!

Sūrah al-Qiyāmah (75), Verse 2

The third is Nafs al-Muṭmainnah

(Comes from controlling your Nafs al-Ammārah to the point that its contentment lies in that which Allah (ﷻ) is happy and pleased with)

To the righteous it will be said "oh reassured soul, return to your Lord well pleased, and pleasing to Him"

Sūrah al-Fajr (89),
Verses 27-28

SUPERPOWER

The American Psychological Association defines willpower as "the ability to resist short-term temptations in order to meet long-term goals."

Willpower helps us reach the state of Nafs al-Muṭmainnah.

Willpower is our superpower. Simply explained, it is our self-control that helps us make good choices, and resist bad choices that look tempting. The secret to a successful life in this world and the next is following God's guidelines. Simply put that means doing your wājibāt and staying away from that which is ḥarām.

What are some examples of short-term temptations that you can resist for long-term goals?

- Resisting watching TV and going for a run instead.
-
-
-

HERE ARE A FEW TIPS TO TRAIN OUR WILLPOWER

Use your opposite hand - try and do some major activity using your less dominant hand

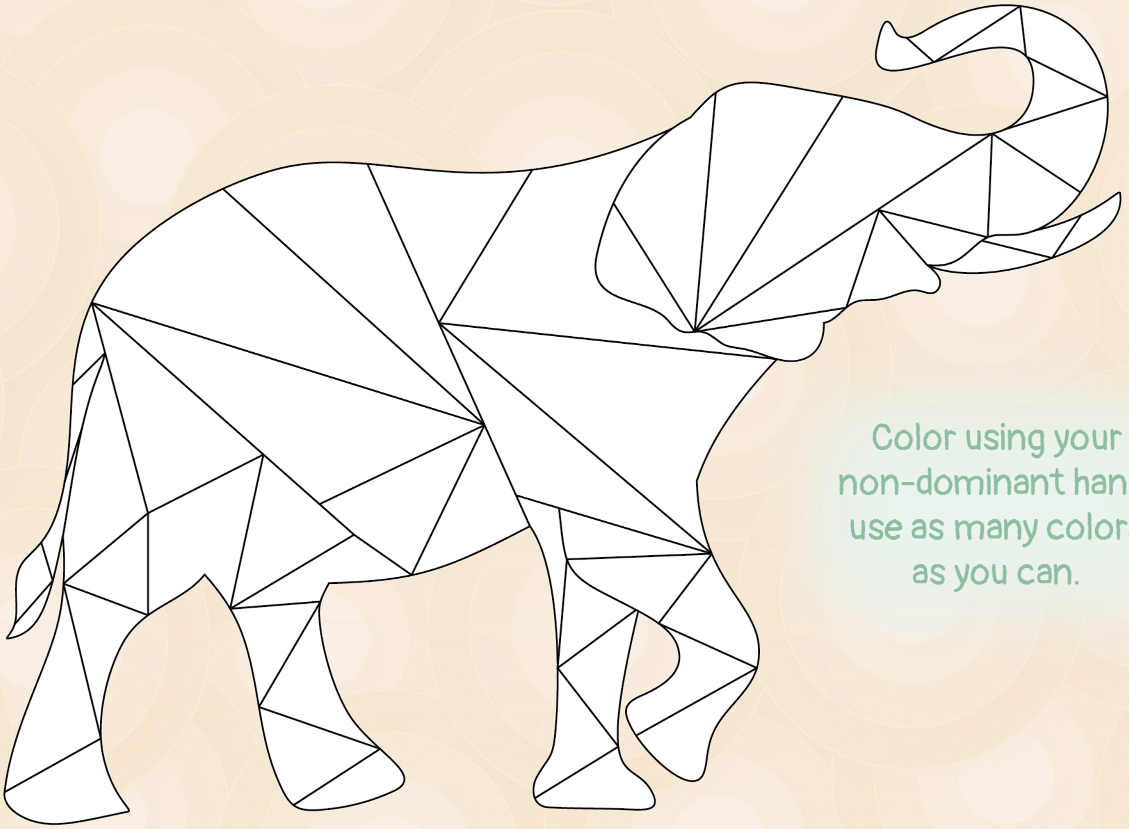
Keep a food diary - log what you are eating so you are aware of your food habits

Work on your posture - as soon as you slouch, straighten your back. Start doing it for one week

Develop good habits - take the stairs instead of the elevator. Make your own bed. Do household chores like setting the table, washing the dishes

Keep track of your spending - ask yourself three questions before spending.
1. Do I need it?
2. Can I afford it?
3. How often will I use it?

One step at a time - Don't give up because the task looks too big, just keep taking "one bite at a time"



Color using your non-dominant hand, use as many colors as you can.

PLAN WITH PATIENCE

> And be patient and persevering, for Allah (﷾) is with those who patiently persevere
>
> Sūrah al-Anfāl (8), Verse 46

Patience is by definition persevering without becoming angry or upset when faced with difficulties. Patience in NO WAY means to GIVE UP! It's not about quitting but about actively working towards a goal.

Our ULTIMATE GOAL in life is to live a life that Allah (﷾) will be happy with. That goal is actually made up of many small goals we can set for ourselves. Such as; good grades, traveling the world, learning a new language or a new sport, understanding the Qur'ān, eating healthy and many more.

List goals you want to achieve in order to reach the ULTIMATE GOAL.

1

2

3

4

5

6

I. SMART GOALS

Be I.SMART

I

Intention

Your intention (niyyah) and reason for having the goal matters the most. Is it "Qurbatan illallāh?" to get closer to Allah (ﷻ). Is it good for you, your environment, your future? An intention will help your whole self focus on the goal. An intention also makes mubāḥ things mustaḥab!

S

Specific

When making goals, make sure you specify how, where, what and why you want to achieve the goal. e.g. Saying "I want to learn Arabic" only is not enough, you can say "I will learn Arabic by spending 1 hour everyday" etc.

M

Measurable

Measuring goals means knowing what it is you will see, hear and feel when you reach your goal. But you should have evidence that your goal is working. e.g. My Arabic vocabulary is now 10 words etc.

A

Attainable

Is the goal logical, possible for you? It should not be too easy or too hard. It should be "Just Right!!" Do you have the money, permission or ability to reach the goal?

R

Relevant

Is the goal important for you right now? Do you need that? For e.g. if you are having final exams but your goal is to make a YouTube video, you may have to postpone this one to a better time and keep the goal real.

T

Timely

Deadlines are a must otherwise the goal can be forgotten, or you will keep delaying it. Time is so important that Allah (ﷻ) swears by it in Sūrah al-ʿAṣr. Depending on the size of the goal, you should specify 2 weeks, 3 months or even 1 year.

SMART GOALS

Plan your Goals here

I

INTENTION

My intention is:

S

SPECIFIC

My goal is:

M

MEASURABLE

I will track my progress toward my goal by:

A

ATTAINABLE

I will take the following steps towards my goal in my daily routine:

R

RELEVANT

Achieving this goal is important to me because:

T

TIMELY

My goal will be achieved by:

SUCCESS

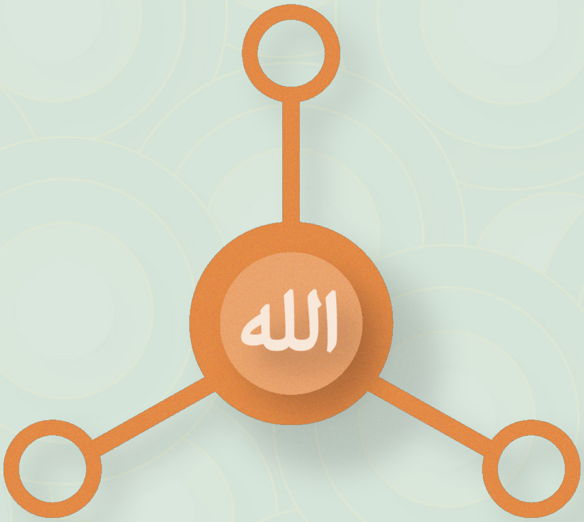
> ...My success is only through Allah (سبحانه وتعالى) and upon Him I rely
> Sūrah Hūd (11), Verse 88

Allah (سبحانه وتعالى) is our Creator and He is the only one that can grant success. But what is the formula to achieve that success?

- Working Hard
- Being God-conscious
- Trusting Allah (سبحانه وتعالى)
- Being Content

Because success may not always look like what we imagine it to be. After all Allah (سبحانه وتعالى) is the All-Knowing, the All-Wise. As we work hard, we need to keep connected to Allah (سبحانه وتعالى) who is our life line.

Remember Allah (سبحانه وتعالى) at all times



Be connected to the Imām (عجّل الله تعالى فرجه الشريف) of our time

Take care of those who can't help themselves

The next pages will give you insight on how to stay connected to Allah (سبحانه وتعالى). Read on!!

911

> (O Muḥammad), when My servants ask you about Me, tell them I am indeed very near; I hear and answer the call of the caller whenever he calls Me.
>
> Sūrah al-Baqarah (2), Verse 186

Allah (ﷻ) refers to Himself in this verse seven times. The connection between Him and us is immediate, we only need to focus on Him, wherever we may be.

QUIET THE MIND AND THE SOUL WILL SPEAK

If you are in deep trouble, or just need to talk and share great or sad news, who are the people that you will call that you are sure will answer?

Name 4 below.

Think over how Allah (ﷻ) wants you to ask Him, connect to Him and turn to Him.

Write 4 ideas below.

QUIETEN THE MIND

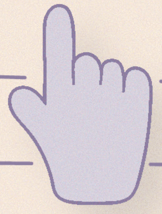
> O you who believe! Take care of your souls...
>
> Sūrah al-Māʾidah (5), Verse 105

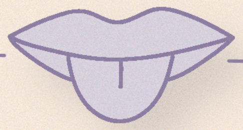
To be able to connect to Allah (ﷻ), we first need to disconnect from what keeps us occupied the whole day. The mind has up to 70,000 thoughts per day. So we need to quiet the mind to awaken our soul to connect to Allah (ﷻ).

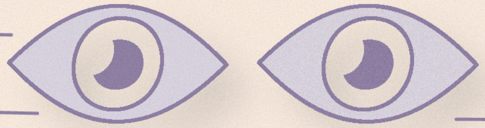
1. Breathe Deep: pay attention and slow it down to 6 breaths per minute. With every breath say “Yā Ḥayy”, meaning the All-Living.
2. Recite the Qurʾān in a tune, or listen to a good reciter
3. Watch the clouds, make out their shape. Think about Allah (ﷻ)’s design: Say “Yā Muṣawwir” meaning the Fashioner.
4. Perform Ṣalāh. Did you know the yoga that many people do today is taken from ṣalāh that help a person calm down.
5. Help someone: Doing something nice for someone lowers stress and lessens feelings of loneliness
6. Imagine your favorite place and focus on the details of smell, sounds, taste, sight. Recite Yā Baṣīr (the All-Seeing), and Yā Samīʿ (the All-Hearing).
7. Make something crafty: use paper, beads, paint, draw and color. The key is to enjoy the process and not worry so much about the result. Recite Yā Rabbī, O my Nurturer.

MINDFUL REFLECTIONS

Use your 5 senses to explore your surroundings, write down your reflections.







PROBLEM + SOLUTION

> Then, surely with hardship comes ease. Surely, with hardship comes ease. So when you have finished (with your immediate task), still strive hard, (then toil).
>
> Sūrah ash-Sharḥ (94), Verses 5-7

Allah (﷾) speaks to Prophet Muḥammad (ﷺ) emphasizing that alongside his difficulties he will have comfort and ease. These words provided the Noble Prophet (ﷺ) with solace.

As human beings, life will be difficult, but with the help of Allah (﷾), we will find comfort and ease. Early humans faced small challenges like digging with hands, hunting and so on. They made simple machines to solve them. As time went on the challenges grew and the solutions became more sophisticated.

Challenges can be physical, emotional, and spiritual but we must not be disheartened by them. Allah (﷾) expresses clearly that the solution (ease) comes together with the hardship, we just need to be aware and mindful of the solutions within us and our surroundings. We must face challenges to evolve spiritually.

Remember diamonds are formed under immense pressure and stress!!

We first identify as Muslims. Our vision of life is through a very strong moral sense. If we ever feel less confident of ourselves, we must remember these three terms:

Self Esteem - Your worth is that you are Allah (ﷻ)'s representative on Earth. We are the best of all creations of the Almighty

Self Belief - We are on the path of truth and justice. Be confident of your purpose in life as you take steps through it.

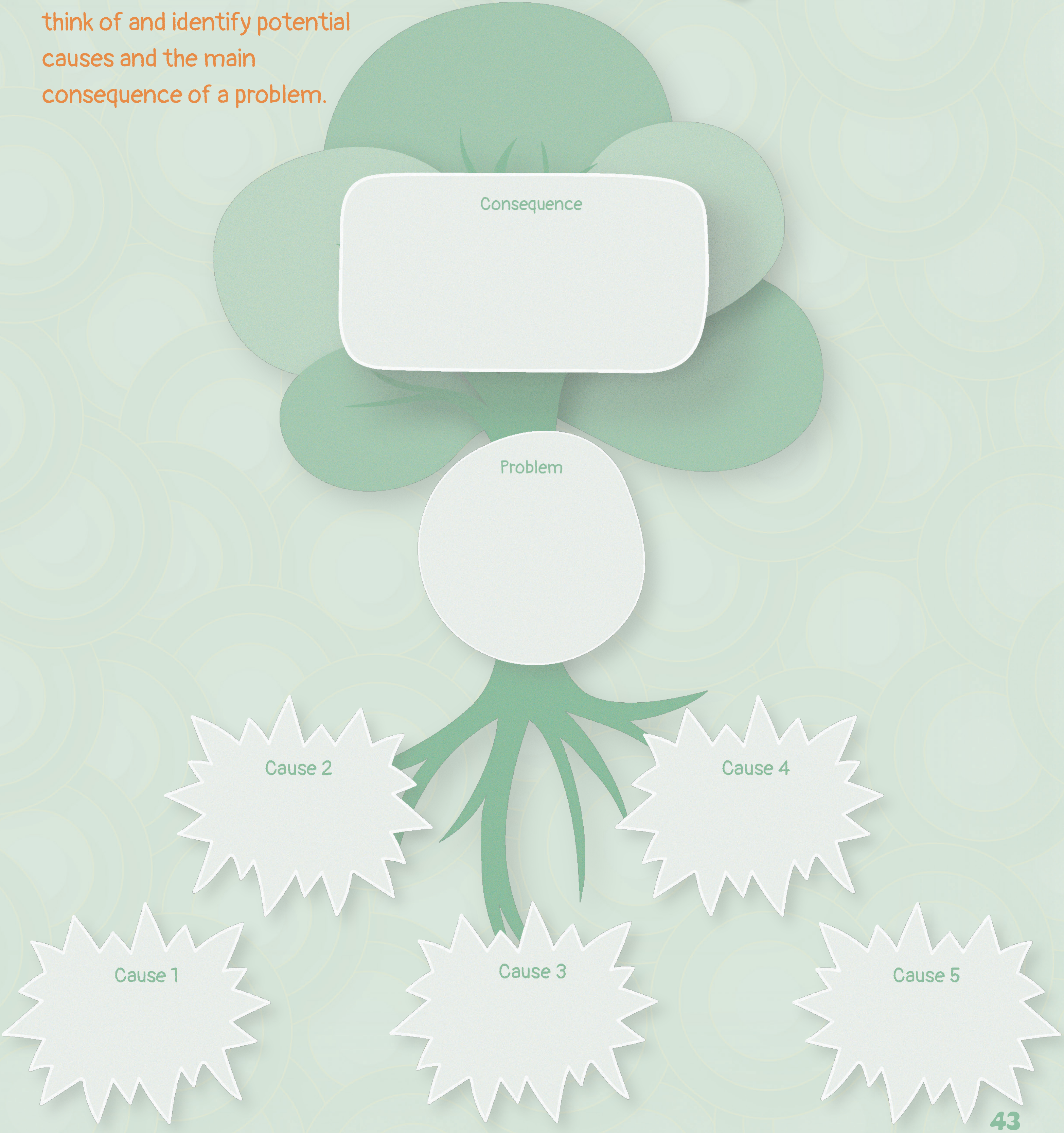
Self Fulfillment - Your soul is infinite, and only being close to Allah (ﷻ) who is infinite will fulfill you.

What are your goals and aspirations?

What would you be doing in 15 years if you could?

CAUSES, PROBLEMS & CONSEQUENCES

Sometimes, the causes of a problem are not easy to see and often "lie beneath the surface." Using this diagram, think of and identify potential causes and the main consequence of a problem.


Consequence
Problem
Cause 2
Cause 4
Cause 1
Cause 3
Cause 5

GRATITUDE

Give thanks and I will give you more
Sūrah Ibrāhīm (14), Verse 7

Then which of the blessings of your Lord will you deny?
Sūrah ar-Raḥmān (55)

Gratitude is just being thankful. With gratitude we acknowledge the goodness in our lives.

In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — Allah (﷾).

Psychology after many years has reached what the Qur᾿ān says. Which is when we feel grateful for the good things in our lives, it enhances our spiritual state.

12 Blessings

In Sūrah ar-Raḥmān, there are 12 blessings that are mentioned in the beginning without which human beings would not exist. Open the Qur'ān and find them!

GRATITUDE REFLECTION

Write and draw what you are grateful for today

Describe what you love about yourself

Describe what you are excited about

ALHAMDULILLĀH

List 5 things you are grateful for in this jar. Give a reason for each one

Thank Allah (ﷻ) for the ability to be thankful!

1

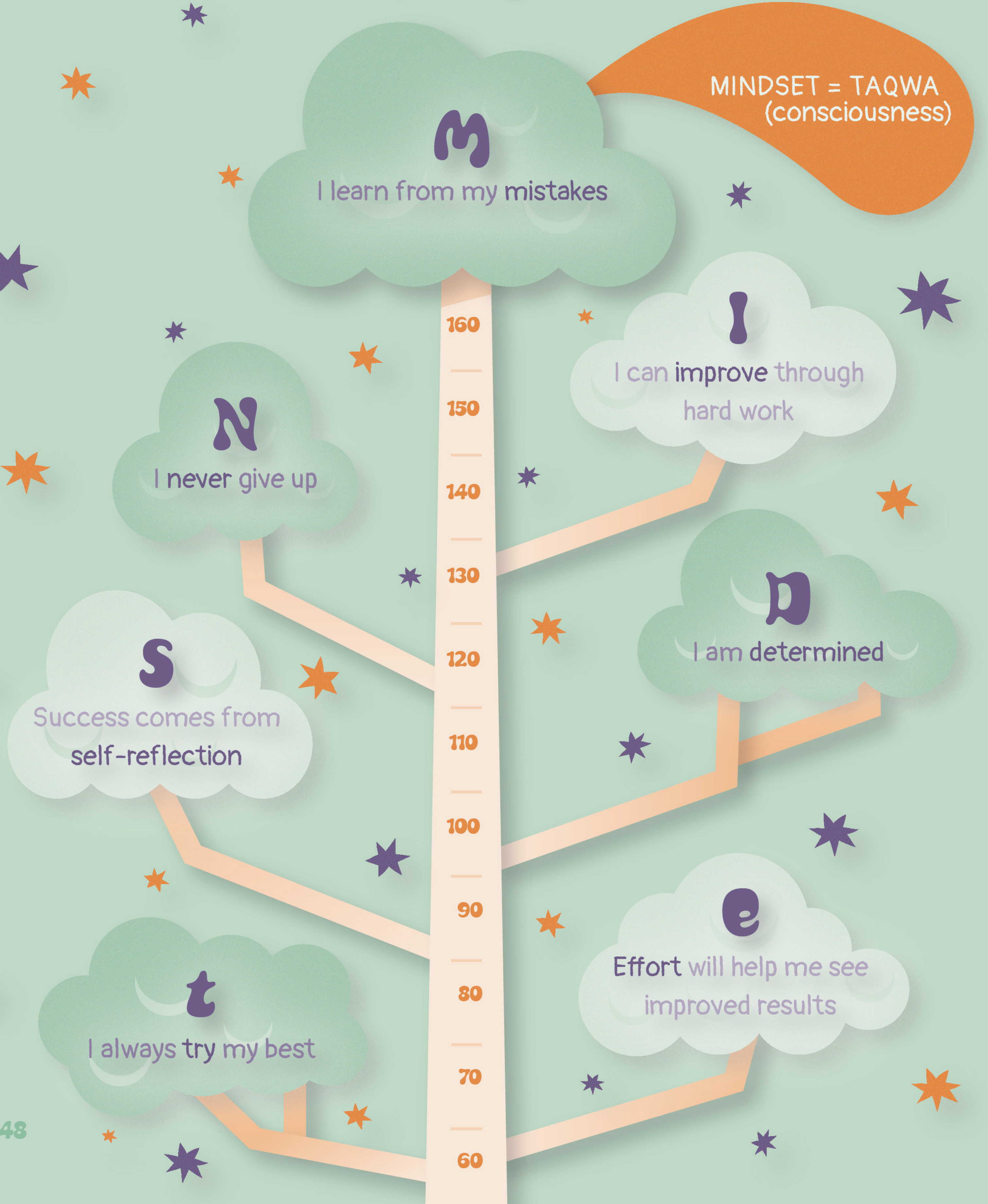
2

3

4

5

GROWtH


160
150
140
130
120
110
100
90
80
70
60

MINDSET = TAQWA
(consciousness)

M
I learn from my **mistakes**

I
I can **improve** through hard work

N
I **never** give **up**

D
I am **determined**

S
Success comes from
self-reflection

e
Effort will help me see improved results

t
I always **try** my **best**

KNOW YOUR SELF

Self-knowledge is the beginning of Self-improvement.

> And there are signs on the earth for those who are certain. And in your own souls (too); will you not then see?
>
> Sūrah adh-Dhāriyāt (51), Verses 20-21

This verse calls our attention to the need to look for signs within ourselves. Despite being representatives of Allah (ﷻ) on Earth, we are often blind to our inward selves. Understanding divine knowledge is dependent upon knowing one's self.

First, we need to understand that we are the signs of the Existence of God Almighty. Self-knowledge and self-awareness leads us to also understand the Creator and our purpose in this world.

> One who knows his
> own self and truth,
> he has known his
> Lord

Prophet
Muḥammad (ﷺ)

Life is a journey of improvement. We have to identify the positives and strengthen them, and identify the negatives and work on them. To do this we have to take self-reflection assessments and ask for constructive feedback from others. Doing these activities will help you know your strengths and areas that need to improve.

Empathize with others -

Understand others and resolve conflicts

Identify our triggers -

Helps to plan and make a responsible decision

Recognize our emotions -

Helps to regulate our emotions and reactions

SELF-AWARENESS

SELF REFLECTION

Rate yourself on the following with the rating as follows:

1 Excellent 2 Average 3 Could Improve

I am kind and considerate of others

I am organized and punctual to class

I have a growth mindset attitude

I always do my best effort in all tasks

I am focused on the task at all times

I am a courteous listener

I am a respectful student and friend

LEARNING STYLE QUIZ

Knowing your learning style helps you to do well at school

1	I like to write my own stories	Yes	No
2	I like to take pictures	Yes	No
3	I like to plant seeds and grow plants	Yes	No
4	I like to count	Yes	No
5	I like to check the weather	Yes	No
6	I like to talk to others about ideas	Yes	No
7	I like to read in my free time	Yes	No
8	I like to exercise	Yes	No
9	I like to read maps	Yes	No
10	I like to figure out patterns	Yes	No
11	I like to take turns	Yes	No
12	I like to solve puzzles	Yes	No
13	I like to recite nasheeds	Yes	No
14	I like to make things with my hands	Yes	No
15	I like to talk to others	Yes	No
16	I like poetry and rhyming	Yes	No
17	I like to be by myself sometimes	Yes	No
18	I like to touch different materials	Yes	No
19	I like to move around a lot	Yes	No
20	I like to play alone	Yes	No
21	I like to play word games	Yes	No
22	I like taking care of animals	Yes	No
23	I like to draw	Yes	No
24	I am wise	Yes	No

Tally for each number answered Yes. The most yeses reflect intelligence in that area!

Word	Picture	Nature	Math	People	Creative	Body	Self
1, 7, 21	2, 9, 23	3, 5, 22	4, 10, 12	6, 11, 15	8, 13, 16	14, 18, 19	17, 20, 24

AGENTS OF CHANGE

> Verily, Allah (﷾) does not change the condition of a people until they change their own condition
>
> Sūrah ar-Raʿd (13), Verse 11

This Qurʾānic principle implies that in order to put an end to all misfortunes and miseries, one must turn to a revolution from within, a revolution in thinking and in culture, a revolution in faith and in ethics.

For any important change to happen within or around us, we must be persistent and keep working towards making it happen. We cannot leave it to luck/chance.

Did You Know?

People have changed history through speaking up and protesting against what was not right!

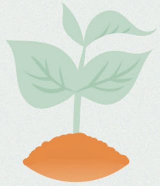
Why Change is Hard?

Humans like to be comfortable. We like to stay safe. But we also like to explore and are curious about what's out there. So there is a tug of war inside us.
Change is a process consisting of stages – it takes time, especially when we are talking about the change of human behavior. It's hard at times to be patient and keep working at it. But there is always a better place after we change for the better

Stages of Change

1. Pre-contemplation:
No Intention to change

2. Contemplation:
Aware that problem exists



3. Preparation:
Intends to change

6. Advocacy:
Encourages others

4. Action:
Starts doing differently

5. Maintenance:
Continues the behavior and works to maintain it

Unfreezing → Identifying the need for change → Change → Actually changing behaviour and attitude → Refreezing → Make it a habit – change becomes part of life

CHOOSE TO CHANGE

Identify

One thing that needs to change
1. Within yourself:

2. Around you:

What are you doing for self

Action for others

Prepare

What steps will you take for each one?
1. Steps to change yourself:

2. Steps to change around you:

Maintaining

How will you keep doing it?
Give examples

If you had to choose a protest or rally to join, what would it be for?

DAILY PLANNER

M T W T F S S

Start a journal like this. Make copies of this page or add information like this

Today's big goal

Good deeds I can do to please Allah (ﷻ)

Personal to do list

End of day reflection: Have I been kind?

Today's mood

Very happy Neutral Not great

Productivity Level

0% 30% 70% 100%

Notes

This is a humble attempt to create an engaging journal connecting 10 verses of the Noble Qurʾān with practical mindful and growth mindset concepts that you can use in your daily life.

You will learn how to connect with your Lord and plan your goals, be grateful, bring change in your life, and more using the simple steps defined in this book, inshāʾ Allāh.

AL-KISA
FOUNDATION
UNDER THE CLOAK OF GUIDANCE AND MERCY